fitbit one

Wireless Activity + Sleep Tracker

User Manual

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Getting Started

What's included

Your Fitbit One Wireless Activity + Sleep Tracker package includes:

1. Fitbit One Wireless Activity + Sleep Tracker
2. Clip
3. Wireless Sync Dongle
4. Sleep wristband
5. Charging cable

1. 2. 3. 4.

5.

Setting up Fitbit One on a computer

Mac & PC Requirements

Software
Mac OS 10.5 and up
Internet connection

Hardware
USB port

Software
Windows XP/Vista/7/8
Internet connection

Hardware
USB port

Installing Fitbit Connect on a computer

The free Fitbit Connect software allows you to sync stored data from your tracker to your Fitbit.com Dashboard.

Installing Fitbit Connect on your Mac

1. Go to http://www.fitbit.com/setup/one.
2. Click the Download button.
3. Go to your downloads folder and double-click the .dmg file.

NOTE: If the file does not appear on your desktop, search for "Fitbit Connect" using the Spotlight search feature.

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4. Run the Fitbit Connect installer by double-clicking Install Fitbit Connect.
5. Follow the onscreen instructions to complete setup.

Installing Fitbit Connect on your PC

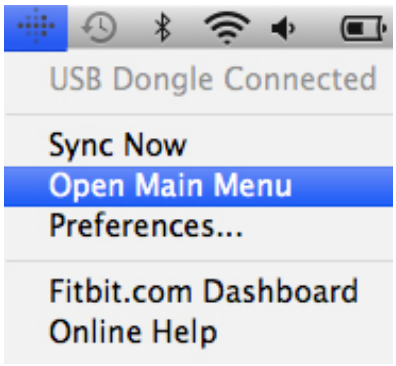
1. Go to http://www.fitbit.com/setup/one.
2. Click the Download button.
3. Go to your downloads folder and double-click the Fitbit Connect .exe file.
4. Choose your language and follow the onscreen instructions.

Pairing to a computer

Once Fitbit Connect is installed on your computer, you can pair your One to your Fitbit account. This will allow you to sync your data and manage your tracker's device settings.

Pairing to a Mac

1. From the Menu Bar of your Mac, click the Fitbit Connect icon and choose Open Main Menu.



2. From the main menu, select Set Up A New Fitbit Device.
3. Account Setup:
    a. Select New to Fitbit if you don't already have a Fitbit.com account.
    b. Select Existing User to log into your existing Fitbit.com account, and then skip to step 5.

NOTE: You can only have one Fitbit tracker paired to an account at a time.

If you currently have another Fitbit tracker linked to your account and plan to continue using it, choose Don't Replace to continue setup using a different email address.

If you'd like to use your One on your existing account, choosing Replace Tracker remove your other tracker, and replace it with your One.

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4. Enter or confirm your personal details and click Next.
This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. By default, this personal information is only visible to your friends, but you can adjust your privacy settings from your Fitbit.com account to control what information is shared with others.

5. Make sure that your Wireless Sync Dongle is plugged into your computer and that your tracker is near the dongle.
6. Click the Fitbit One tile. Fitbit Connect will begin searching for your tracker.
7. A pairing number will appear on your tracker's display once the Fitbit Connect has located it.

NOTE: If the number does not display, click I don't see a number starting with "0". Make sure that your tracker's battery is charged and the display is on. Fitbit Connect will resume looking for your tracker.

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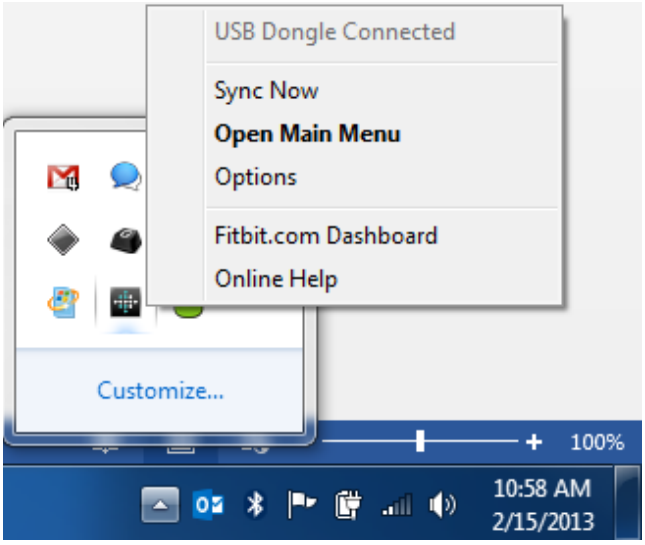
8. Enter the number displayed on your tracker's screen into your computer, and then click Next. Your tracker will connect to Fitbit.com. This can take up to a minute.
9. Once your tracker has connected to Fitbit.com, enter a greeting. The greeting is what you will see each time you pick up your Fitbit One. It can be your name, or any 8 character long combination of letters and numbers. After you click Next, your personalized greeting will now be sent to your tracker. This can take up to 30 seconds.
10. When your tracker has been linked with your Fitbit account, Fitbit Connect will notify you. Take some steps with your tracker and sync it to your account to see your stats on your Dashboard.

Pairing to a PC

1. In the Windows System Tray, right-click the Fitbit Connect icon and choose Open Main Menu.



2. From the main menu, select Set Up a New Fitbit Device.
3. Account Setup:
    a. Select New to Fitbit if you don't already have a Fitbit.com account.
    b. Select Existing User to log into your existing Fitbit.com account.

NOTE: You can only have one Fitbit tracker paired to an account at any given time.
If you currently have another Fitbit tracker linked to your account and plan to continue using it, choose Don't Replace to continue setup using a different email address.
If you'd like to use your One on your existing account, choosing Replace Tracker remove your other tracker and replace it with your One.

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4. Enter or confirm your personal details and click Next. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. You can adjust your privacy settings on the Fitbit website to control what information is shared with others.
5. Make sure that your Wireless Sync Dongle is plugged into your computer and that your tracker is near the dongle.
6. Click the Fitbit One tile. Fitbit Connect will now begin searching for your One.

7. A pairing number will appear on your tracker's display once the Fitbit Connect has located it. It may take up to 30 seconds for this number to appear.

NOTE: If the number does not display, click "I don't see a number starting with "0". Make sure that your tracker's battery is charged and the display is on. Fitbit Connect will resume looking for your tracker.

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8. Enter the number displayed on your tracker's screen into your computer, and then click Next. Your tracker will connect to Fitbit.com. This can take up to a minute.
9. Once your tracker has connected to Fitbit.com, enter a greeting. The greeting is what you will see each time you pick up your Fitbit One. It can be your name, or any 8 character long combination of letters and numbers. After you click Next, your personalized greeting will now be sent to your tracker. This can take up to 30 seconds.
10. When your tracker has been linked with your Fitbit account, Fitbit Connect will notify you. Take some steps with your tracker and sync it to your account to see your stats on your Dashboard.

Wireless sync to a computer

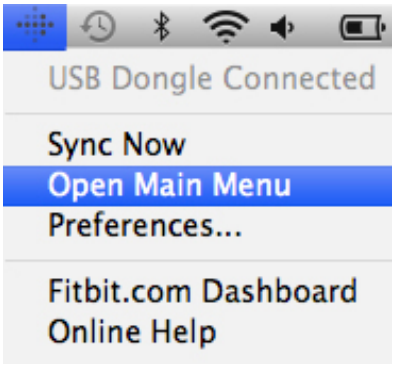
Wireless syncing to Fitbit.com is automatic, as long as:

· Your computer is powered on, awake, and connected to the internet.

· The Wireless Sync Dongle is plugged in and your tracker is within 15 feet of it.

· Fitbit Connect is installed and running.

You can force sync your tracker by clicking the Fitbit Connect icon, which is located by the time and date on your computer, and then selecting Sync Now.



NOTE: If you experience any trouble syncing your tracker with your computer, you can visit http://help.fitbit.com for help.

Setting up Fitbit One on a mobile device

Mobile device requirements

The Fitbit One is capable of being set up and syncing with mobile devices that support Bluetooth 4.0 technology.

To see if your mobile device is compatible with your One tracker, visit http://www.fitbit.com/devices.

NOTE: If your device is not compatible, you can still use the Fitbit App to view your data and track your progress.

Before you begin

Before you can setup your One on a mobile device, do the following:

1. Download and install the Fitbit App from the App Store (iOS) or Google Play Store (Android). If you already have the Fitbit App installed, make sure that you have the latest version.
2. Plug your charging cable into a USB port and insert your tracker into the charging cable.
3. Enable Bluetooth on your mobile device and within the Fitbit app.
4. Make sure your mobile device is connected to the Internet.

Pairing to an iOS device

Your One tracker can be paired directly through the Fitbit App.

1. Open the Fitbit App.
2. Account Setup:
    a. Select Log in if you have an existing Fitbit.com account.
    b. Select Get started if you don't have a Fitbit.com account yet.

NOTE: You can only have one Fitbit tracker paired to an account at any given time.

If you currently have another Fitbit tracker linked to your account and plan to continue using it, choose Don't Replace and set up with a different email address.

If you'd like to use your One tracker with your existing account, choose Replace Tracker, remove your other tracker, and replace it with your One.

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3. If you're prompted to, enter your personal details and tap Next.
   This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. You can adjust your privacy settings on the Fitbit website to control what is shared with others.
4. Enter the email address and password for Fitbit.com and tap Next.
5. Tap the Set up Now button. If you've already set up your One on a computer, you can tap the Link Now button.
6. Choose One.
7. Tap Start to begin searching for your One.
8. Once your tracker has been found, your phone will notify you. Tap Next.
9. Enter the number on your tracker's display into your mobile device.
10. When the Fitbit App shows the message "You're all set!" tap Next to continue.
11. Tap Done to complete setup. You can now sync your Fitbit one to the Fitbit App.

NOTE: If you experience trouble pairing your One to your mobile device, you can get support by visiting http://help.fitbit.com.

Syncing to an iOS device

Your One can sync directly to supported iOS devices via Bluetooth 4.0. To see if your iOS device is compatible with your Fitbit One, go to http://www.fitbit.com/devices.

Syncing occurs automatically every time you open the Fitbit App, as long as Bluetooth is enabled in the iOS device Settings app.

Force Sync

You can also Force Sync your tracker through the Devices menu to sync your data on command.

To Force Sync your One:

1. Make sure Bluetooth is turned On in your devices Settings.
2. Open the Fitbit App.
3. Tap More.
4. Tap Devices.
5. Tap One.
6. Tap the Force Sync icon.

Background Sync

The Fitbit App also supports Background Sync. This setting allows your tracker to sync with your iOS device periodically when the Fitbit app is running in the background, or minimized.

NOTE: Background Sync will only operate when your iOS device's screen is turned on. If your iOS device's screen is off, your One will not sync in the background until you wake your iOS device from sleep.

To turn on Background Sync, tap More > Devices > One > switch Background Sync to on.

Pairing to an Android device

Your One must be paired directly through the Fitbit App, and not through your Android device's Bluetooth preferences.

1. Open the Fitbit App.
2. Account Setup:
   Select Get started if you don't already have a Fitbit.com account.
   Select Log in to log into your existing Fitbit.com account.

NOTE: You can only have one Fitbit tracker paired to an account at a time.

If you currently have another Fitbit tracker linked to your account and plan to continue using it, choose Don't Replace and set up with a different email address.

If you'd like to use your One tracker with your existing account, choose Replace Tracker, remove your other tracker and replace it with your One.

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3. If you're prompted to, enter your personal details and select Next. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. You can adjust your privacy settings on the Fitbit website to control what information is shared with others.
4. Enter the email address for your Fitbit.com and your password.
5. Tap Device Settings.
6. Tap Set up New Device to begin.
7. Choose One.
8. Tap Start to begin searching for your tracker.
9. Once your tracker has been found, a pairing number will appear on the display of your tracker. Enter that number into your mobile device and tap Next.
10. Once the Fitbit App alerts you that your tracker is set up, tap Next.
11. Tap Done to complete setup. You can now sync your Fitbit One to the Fitbit app.

Syncing to an Android device

Your One tracker can sync directly to supported Android devices via Bluetooth 4.0. To see if your Android device is able to wirelessly sync to your tracker, visit http://www.fitbit.com/devices.

NOTE: Bluetooth must be enabled in the Android device Settings, as well as within the Fitbit App. You can turn Bluetooth on in the Fitbit app by tapping the Menu button, then Devices, and checking the Use Bluetooth box.

Syncing occurs automatically when you open the Fitbit App on your Android device.

Background Sync

The Fitbit App supports Background Sync. This setting allows your tracker to sync with your Android device while the Fitbit app is in the background, or minimized.

NOTE: Background Sync will only operate when your Android device's screen is turned on. If your Android device's screen is off, your One will not sync in the background until you wake your Android device from sleep.

Force Sync

You can also Force Sync your tracker through the Devices menu to get the latest data synced.

To Force Sync your One tracker:

1. Open the Fitbit App.
2. Make sure Use Bluetooth is checked.
3. Tap the Menu button.
4. Tap Devices.
5. Tap One.
6. Tap the Force Sync icon.

Using your One

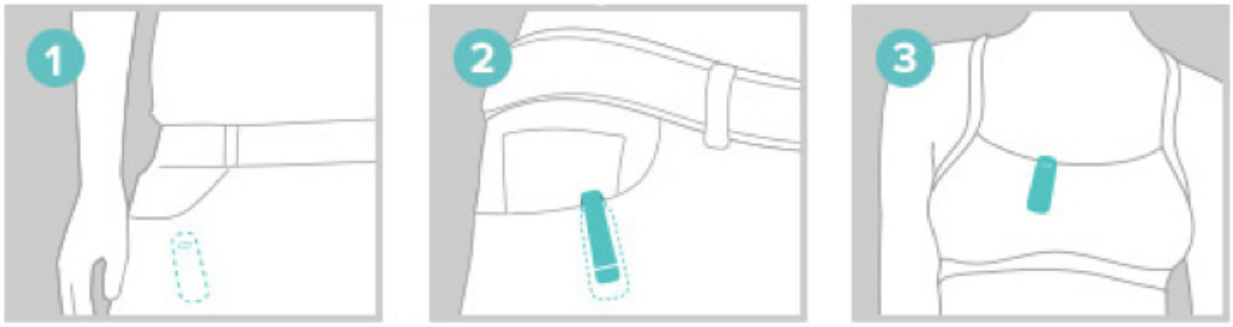
Wearing your One

The Fitbit One is most accurate when worn on or very close to your torso. A clip designed to keep the tracker secured to your clothing is included in your package.

A sleep wristband for your Fitbit One is also included in your package.
The wristband should be worn while you sleep. It is should not be worn for tracking during the day.

To prevent losing your tracker, wear it:

1. in your pocket.
2. clipped on your pocket, facing inwards.
3. clipped on your bra.



Using your One in wet conditions

The Fitbit One is sweat-proof and rainproof. It is not waterproof and should not be taken swimming.

Battery life and power

Battery life

Your One contains a rechargeable Lithium-ion polymer battery.

With normal use, your One's battery should last approximately five days before requiring a charge.

You can check your tracker's battery level by logging into your Dashboard and clicking on the gear icon in the upper right corner of the screen. The battery level at the time of its most recent sync will be listed to the right of the picture of your One.

Charging your One

Charge your One tracker by plugging your charging cable into a USB port, and then inserting the tracker into the charger, making sure the gold contacts on your tracker align with the gold dots in the charging cable.

A battery indicator will appear when your tracker is first plugged into the charging cable. Press your tracker's button while it's charging to view its current battery level. A drained tracker should be charged for 1-2 hours for maximum performance and battery life.

Memory

The One tracker stores minute-by-minute data for one week. After 7 days, that data is converted to a daily total, which is stored for an additional 23 days.

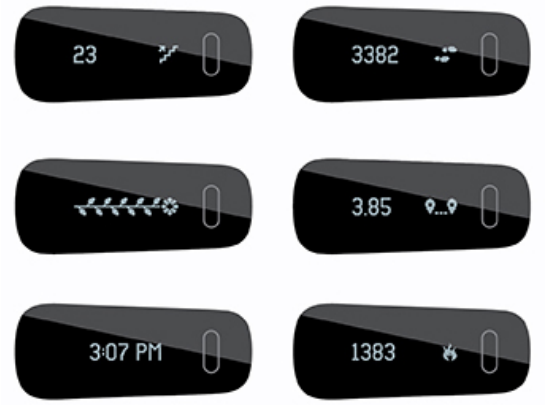
When you sync your tracker, its data is uploaded to your Fitbit.com Dashboard, and securely stored on Fitbit's servers. As long as you sync your tracker within thirty days of activity, you'll be able to transmit that data to your Fitbit.com Dashboard.

NOTE: Every night at midnight, your tracker will reset itself. This means your goal progress and daily data will begin at zero again. This does not delete the data stored on your tracker. That data will be uploaded to your Dashboard the next time you sync your tracker. The time this reset occurs is based on the time zone set on your Fitbit.com profile.

What Fitbit One tracks

Your One tracks the following:

- Floors climbed
- Steps taken
- Recent activity levels (represented by a flower that grows and shrinks)
- Distance traveled
- Time (clock and stopwatch)
- Calories burned
- Hours slept
- Quality of sleep



Beginner mode

When you first set up your Fitbit tracker, it will be in beginner mode. While in beginner mode, the name corresponding to the current display will be displayed. For example, “STEPS” will be displayed before the number of steps you’ve taken and the step icon.

After the display has cycled through each screen 5 times, beginner mode will end, and you will be in normal mode. In normal mode, the value and icon is displayed immediately after you press your tracker’s button for faster viewing.

Any time your tracker is reset, it will enter beginner mode. This will happen if you shut down and then restart your tracker, upgrade your device, or when your One tracker’s battery drains completely.

Lefty mode

Your tracker can be displayed in Lefty mode**,** which orients the display to make it easier for left-handed individuals to read their trackers when holding them with their dominant hand. The One tracker comes oriented for right-handed users by default. To change your tracker to lefty mode, go to your Device Settings and select the Left-handed button.

Tracking sleep with Fitbit One

You can use your One to track how long and how soundly you sleep. The One will track your movement throughout the night to provide you with information about the quality of your sleep.

To track your sleep with your One tracker, do the following:

1. Place your tracker into the slot in your wristband and wrap it around your non-dominant wrist.
2. Once you are in bed and ready to fall asleep, press and hold the tracker's button for 2+ seconds. You will see a blinking stopwatch and clock. The other icons will also blink, indicating that your tracker is in sleep mode.
3. When you wake up, press and hold the button for 2+ seconds to stop the sleep recording. The icons will stop blinking to indicate you've exited sleep mode. Once you exit sleep mode, your tracker will resume, displaying your daily totals.
4. Once the data syncs, graphs on your Dashboard will reveal how long you slept and the number of times you woke up. Last night's sleep will appear on today's page.

NOTE: If you forgot to press the button on your tracker, but were wearing it while you slept, you can enter the times manually in your online Sleep Log and your data will still appear once you sync your tracker.

Activity Recordings

An activity recording is similar to the trip mode on the odometer in a car.

You can use activity recording to track things like a tennis game or an exercise class so that you may later examine data from the time you were performing that exercise more closely. Recordings do not affect how your data is tracked or analyzed; they instead serve to bring greater visibility to a specified time frame.

To start a recording, hold your tracker's button down for 2-3 seconds until a flashing stopwatch and running numbers appear like they do in sleep mode.

While in recording mode, the display icons will blink. When you press the tracker's button to cycle between screens, the stats displayed will represent the activity that has occurred since the recording started.

To exit recording mode, hold your tracker's button down for 2-3 seconds until the icons and numbers on its display stop flashing.

The next time you sync your tracker, the information from your recording will be displayed on your activities page, along with additional stats such as pace, duration of the recording, a graph of your speed, and more.

To add an activity onto your Fitbit Dashboard, do the following:

1. Log into your Dashboard, and then go to the Log Activities page.

2. Start typing the activity you want to add in the box under Find an Activity to Log.

3. If the activity is already in the system, it will appear in the grey box.

If the activity is not in the system, you have the option to create your own activity by clicking the Add Custom Activity text that will appear in the drop-down menu.

4. Enter the duration, distance (if applicable) and start time of your activity, then click Log Activity. That activity will now appear under your Logged Activities.

Silent Alarms

You can make your tracker to gently vibrate to wake or alert you using the Silent Alarm feature. You can set these alarms on your computer or compatible mobile device.

Silent Alarms can be configured to repeat on multiple days of the week. For example, you could arrange to be awoken at 7:00 AM every weekday.

You can set up to eight alarms for your tracker at once.

NOTE: Setting multiple alarms may drain the battery life of your One. If you find that you must charge your battery more often, you may want to reduce the number of Silent Alarms configured on your One.

Setting up Silent Alarms from a computer

You can set Silent Alarms from your computer by using the Fitbit.com Dashboard. Your Wireless Sync Dongle must be plugged into your computer to sync the alarm to your tracker.

1. Log in to your Fitbit.com Dashboard.
2. Click the gear icon, found in the upper right corner of your screen.
3. Click Settings.
4. Click Silent Alarms.
5. Click the Add Alarm button.
6. Enter the Time you want the alarm to alert you.
7. Choose how often you want the alarm to occur:
    a. Once – Your alarm will alert you at the specified time, and not repeat.
    b. Repeats – You can choose which days you want this alarm to repeat (for example, at 7:00 AM every weekday).
8. Click Save.

Your new alarm will be sent to your tracker the next time it syncs.

NOTE: If you want to sync the alarm immediately, open Fitbit Connect and select Sync Now.

Setting up Silent Alarms on an iOS device

You can set Silent Alarms for your tracker using the Fitbit App for iOS. Bluetooth must be enabled in your iOS's Settings app to set silent alarms.

NOTE: Your mobile device must also support Wireless Sync to set Silent Alarms. To see if your mobile device is supported, go to www.fitbit.com/devices.

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1. Open the Fitbit App.
2. Tap More.
3. Tap Silent Alarm.
4. Tap Add a new alarm.
5. Set the time by adjusting the click-wheel.
6. If applicable, tap the days of the week you want this alarm to repeat. (for example, at 7:00 AM, every weekday)
7. Tap Save.
8. Sync you tracker to ensure that the alarm information is sent to it. You can send the alarm to your tracker immediately by tapping More, then Devices, choosing One and then tapping the Force Sync icon.

Your iOS device will now sync the alarm to your tracker.

Setting up Silent Alarms on an Android device

You can set Silent Alarms on your tracker using the Fitbit App for Android. Bluetooth must be enabled in your Android's device settings, as well as in the Fitbit App Devices screen to set silent alarms.

NOTE: Your mobile device must support Wireless Sync to set Silent Alarms. To see if your device is supported, go to http://www.fitbit.com/devices.

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1. Open the Fitbit App.
2. Tap the menu button.
3. Tap Devices.
4. Choose your tracker.
5. Tap Silent Alarm.
6. Tap Add a new alarm, or the bell icon in the top right corner.
7. Set the time you'd like your alarm to go off at, then tap Done.
8. If you'd like, you can tap the Repeats checkbox and choose the days of the week on which you want this alarm to repeat.
9. Tap Done.
10. Tap the Sync alarms with your tracker button. You can Force Sync the alarm to your tracker by tapping the menu button, then Devices, choosing One and tapping the Force Sync icon.

Your Android device will now sync the alarm to your One.

Dismissing Silent Alarms

Your One will vibrate when your Silent Alarm goes off. This notification will repeat several times or until dismissed. You can dismiss the alarm by pressing its button.

If you miss your alarm, your One will alert you again after a few minutes.

Your Fitbit.com Dashboard

Browser Requirements

Browser	Mac Version	Windows Version
Apple Safari	5.0.5 and higher	Not Supported
Google Chrome	12 and higher	12 and higher
Microsoft Internet Explorer	Not Supported	8 and higher
Mozilla Firefox	3.6.18 and higher	3.6.18 and higher

Using your Dashboard

Fitbit provides you with free online tools to help track, manage, and evaluate your fitness progress.

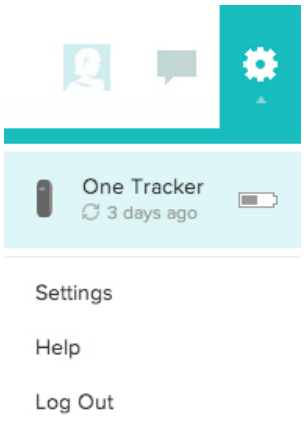
Understanding the Dashboard

Your Dashboard is the where you will be taken when you log into your Fitbit account. It will show you an overview of your progress towards goals, allow you to edit your goals, and view your historical data.

Logging Food, Activities, and Sleep

From your Dashboard, you can launch individual log pages to keep track of your Food, Activities, Sleep, and other custom trackers.

Device Info Preview



Click on the gear icon in the upper right corner of your Dashboard for a preview of the time of your tracker's last sync, its battery level and any upcoming alarms.

Managing your One from Fitbit.com

You can also manage your One from Fitbit.com. Click the gear icon in the top right corner and then select Settings.

The Personal Settings screen allows you to change your Time Zone. This will impact when your tracker data resets, because your tracker will reset at midnight based on the time zone your tracker is set to.

The Device Settings area allows you to monitor:

- The date and time of your Last Sync.
- Battery level of your device at the time of its last sync.
- The version running on your device.
- Your time zone.
- Sleep Tracking sensitivity.
- Whether you want your tracker to display in left-handed or right-handed mode.
- Greeting: Choose how you would like your tracker to greet you.

You can also manage your Silent Alarms from the left sidebar of the Account Settings area.

Updating Fitbit One

Fitbit may release updates for your One tracker, which will be available for free from Fitbit Connect on your computer, or from within the App on your mobile device. New feature enhancements and product improvements are made through updates.

NOTE: Updating your One is demanding on its battery. It is recommended that you charge your One before, during, or after performing an update.

Updating One on a computer

You can update your One using a Mac or PC using Fitbit Connect.

To update using this method:

1. Make sure your Wireless Sync Dongle is plugged into your computer.
2. Click the Fitbit Connect icon near the time on your computer.
3. Select Open Main Menu, and then select Check for device update.
4. Log in to your account using your Fitbit.com credentials.
5. Press the button on your One to wake it up. Fitbit Connect will now look for your tracker.
6. If an update has been found for your One, Fitbit Connect will display a progress bar indicating that the update is in progress. Keep your tracker close to your computer while it updates.
7. When Fitbit Connect confirms that your update is complete, your One will have the newest updates and you can proceed as usual.

Updating One on an iOS device

Your Fitbit One can be updated using the Fitbit App for iOS.

In order to update your tracker with your iOS device, your device must be compatible with Fitbit's Wireless Sync feature. To see if your device is compatible, visit http://www.fitbit.com/devices.

1. Make sure your One is paired to your Fitbit app.
2. From the Fitbit app, go to More > Devices > One.
3. If a device update is available, you will see the option to update.
   If your tracker is already up to date, Update Fitbit One will not be an option on your mobile device.

4. Press your One's button to wake it up. Fitbit Connect will now look for your tracker.
5. If an update has been found for your One, keep your tracker close to your iOS device.
6. When the app shows you a screen confirming that your update has completed, your One tracker will have the newest updates, and you can proceed as usual.

Updating One on an Android device

Updating your tracker will fix bugs and add new features that have been added to the Fitbit One.

1. From the Fitbit app, go to More > Devices > One. If a device update is available, you will see the option to update at the bottom of your phone's screen. If your tracker is already up to date, "Update Fitbit One" will not be an option on your mobile device.

2. If "Update Fitbit One" is an option, bring your tracker near your mobile device and tap "Update Fitbit One", then tap "Next".

3. Once your tracker has been located, you'll be asked to enter a 4 digit pairing number, like you did when you set up your tracker for the first time.

4. It is okay to leave this screen after you've entered the 4 digit number and tapped "Next". Your update will continue.

5. When your Fitbit One is up to date, the app will let you know, and your tracker will restart.

Help

Troubleshooting and assistance for your Fitbit One tracker can be found by visiting http://help.fitbit.com.

Return policy and warranty

Warranty information and the Fitbit.com Store Return Policy can be found online at http://www.fitbit.com/returns.

fitbit one

Wireless Activity + Sleep Tracker